

# Balanced Nutrition in School-Age Children in Pamengkang Village, Kramatwatu District, Serang Regency, Banten

 Tri Ardayani<sup>1\*</sup>,  Gurdani Yogisutanti<sup>2</sup>,  Fahmi Fuadah<sup>3</sup>,  Neti Sitorus<sup>4</sup>,  Linda Hotmaida<sup>5</sup>

<sup>1,2,3,4,5</sup>Institut Kesehatan Immanuel Bandung, Indonesia

✉ [triardayani@gmail.com](mailto:triardayani@gmail.com)\*



## Article Information:

Received September 2, 2023

Revised September 28, 2023

Accepted September 29, 2023

## Keywords:

Community; Counseling;  
Health; Nutrition; Stunting

## Abstract

Health development in Indonesia is significant. One of the efforts that needs to be made is to improve the quality of humans and society in order to produce superior human resources. This community service activity aims to increase knowledge about nutrition and overcoming nutritional problems in Pamengkang village, Kramatwatu District, Serang Regency, Banten Province. The method of community service is carried out by means of counseling, lectures, and questions and answers. The media used are televisions and laptops to display material in the form of power points. The data analysis technique carried out is qualitative descriptive analysis. The data collection techniques used are observation and documentation. Community service activities carried out at SD Pamengkang, Kramatwatu District, Serang Regency, Banten Province ran smoothly and quite effectively, so as to increase the understanding of both students and teachers at the school, there should be follow-up efforts related to the application of consuming balanced nutrition daily by students. So that it can measure the level of effectiveness of this giantity.

## A. Introduction

Health development in Indonesia is significant. One of the efforts that needs to be made is to improve the quality of humans and society in order to produce superior human resources (Dewi, 2019). Thus, one of the development priorities is the development of the nation's character, which of course is also determined by nutritional adequacy. Based on the Global Nutrition Report (GNR) in 2020, Indonesia shows that Indonesia is experiencing a triple burden of dietary problems, namely micro, macro, and more nutrients (Amalia & Putri, 2022).

Currently, Indonesia still faces the problem of malnutrition and stunting. Based on the 2021 Indonesian Nutritional Status Study (SSGI) survey, the prevalence of stunting is 24.4%. This figure is still far from the prevalence rate targeted in the 2020-2024 RPJMN, which is 14%. In addition, the problem of malnutrition (wasting) amounted to 7.1%. The 2024 RPJMN target is 7% wasting problems (Hastuti et al., 2021). The target of reducing stunting in Indonesia has been set at 14% by 2024. Currently, stunting cases are still at 24% (Kartini et al., 2019). The problem of stunting will have short-term and long-term impacts because it is an indicator of the nation's health development that affects the quality of the next generation (Tampubolon & Kaban, 2021). In children who suffer from stunting, failure to thrive is indicated by short height and stunted intellectual development (Indraswari, 2019). Long-term impacts can occur metabolic disorders that increase the risk of obesity, diabetes, stroke, and heart disease in individuals (Kartinawati & Pradnyawati, 2022).

Child stunting is caused not only after birth but while in the womb. Based on stunting data, babies at birth are 23% stunted in a condition whose body length is below 48% (Utaminigtyas & Lestari, 2020). The

remaining 77% or almost 80% is after birth, in post-birth. So that the intervention efforts that need to be done are before birth and intervention after birth (Utaminingsyas, 2020). Stunting is a condition of failure to thrive in toddlers, one of which is due to lack of nutritional intake or nutritional intake that is not strong. Other causes are also due to repeated infections or due to lack of stimulation of nutritional intake (Handarini & Madyowati, 2021). Health and nutrition in school-age children is a very important issue today. Good nutritional status will affect the process of growth and development of children, one of which can increase intellectual abilities that affect the concentration and intelligence of children, so that the phase of school-age children is a phase where children really need nutritious food intake to support growth and development (Sulistiawati et al., 2019). Schoolchildren are one of the most vulnerable populations in terms of nutrition. Under- and over-nutrition in children will negatively affect the country's economic growth potential. Children who do not get adequate nutrition will lag behind in their physical, mental, and intellectual development. Lack of food intake and high infectious diseases are two direct causes of malnutrition that are influenced by many factors and are quite complex (Ahmad et al., 2023).

The role of health workers, schools, teachers and parents is very important in preparing an environment that can influence the behavior of fulfilling balanced nutrition for school-age children (Dewi & Noviyana, 2022). Balanced nutrition is an arrangement of daily foods that contain nutrients in the type and amount that suits the needs of the body, by paying attention to the principle of not focusing on the amount consumed but rather on the nutritional value consumed diversity or variations that are free from preservatives, colors, and artificial sweeteners, and also consider physical activity, hygiene and ideal body weight (Trianasari et al., 2018).

The application of balanced nutrition is carried out by consuming a variety of foods, getting used to clean and healthy living behavior, maintaining normal weight, and doing physical activity in all age groups (Selviyanti et al., 2019). Specific interventions implemented by the Ministry of Health in an effort to reduce stunting rates through the implementation of balanced nutrition are promotion and counseling of infant and child feeding (PMBA), promotion and counseling of breastfeeding, monitoring of child growth and development, provision of blood added tablet supplements (TTD) for pregnant women and adolescents as well as provision of vitamin A, handling nutritional problems and supplementary feeding and management of malnutrition (Fitri et al., 2022).

In commemoration of National Nutrition Day on January 25, in collaboration with the Community Service work program, the Association of Indonesian Public Health Universities (AIPTKMI) for the DKI, West Java and Banten Regions intends to organize Community Service "AIPTKMI Service for the Country. Interprofessional Collaboration on Public Health Stunting Management in Pamengkang Village, Kramatwatu District in 2023". Through this activity, it is hoped that the DKI, West Java and Banten regional Study Programs and AIPTKMI will be able to play an active role in stunting prevention by conducting health education on balanced nutrition for school-age children, especially in Pamengkang Village, Kramatwatu District.

## B. Research Methods

The method of community service is carried out by means of counseling, lectures, and questions and answers. The media used are televisions and laptops to display material in the form of power points. The data analysis technique carried out is qualitative descriptive analysis. The data collection techniques used are observation and documentation. This activity was organized by Member Universities of the Indonesian Public Health Higher Education Association (AIPTKMI) DKI, West Java and Banten. Activities are carried out onsite / direct visits to Pamengkang, Kramatwatu District, Serang Regency, Banten Province. Forms of activities in the public health service program include:

1. Training or refreshing health cadres in an effort to handle stunting
2. Counseling on local food management for alternative MP ASI menu
3. Health Promotion Exclusive Breastfeeding
4. Health Facilitation of Clean and Healthy Living Behavior for School Children
5. Fruit and vegetable eating movement for elementary school-aged children

The following is documentation of counseling activities carried out by the Institut Kesehatan Immanuel.



**Figure 1.** Documentation of counseling activities carried out by the Institut Kesehatan Immanuel

### C. Result and Discussion

Balanced nutrition is an arrangement of daily foods that contain nutrients in the type and amount that suits the needs of the body, by paying attention to the principle of not focusing on the amount consumed but rather on the nutritional value consumed diversity or variations that are free from preservatives, colors, and artificial sweeteners, and also consider physical activity, hygiene and ideal body weight. The content of food with balanced nutrition guarantees the fulfillment of the needs of the body and its activities (Sulistiawati et al., 2019). School-age children experience very rapid physical, intelligent, mental and emotional growth. Foods that contain nutritional elements are very necessary for the growth and development process. Meanwhile, if children who suffer from malnutrition cannot grow and develop optimally so that it can reduce children's intelligence. While in children who suffer from more nutrition can cause degenerative diseases such as diabetes mellitus, coronary heart disease, hypertension, osteoporosis and cancer (Fitri et al., 2022).

This community service activity will be held on Wednesday, February 1, 2023 at SD Pamengkang, Kramatwatu District, Serang Regency, Banten Province. In this activity there were 11 institutions involved, namely the University of Indonesia, Faletehan University, FITKes UNJANI, STIKes Kuningan, 11 April University, University of Indonesia, Ibnu Khaldun University, Immanuel Health Institute, Urindo, Bhakti Kencana University, STIKes Dharma Husada Bandung. The expected results in this community service activity are Implementation of the work program in the public health sector of AIPTKMI DKI, West Java and Banten in 2023, Cooperation between Public Health Higher Education institutions as members of AIPTKMI, and Increasing literacy related to stunting prevention in all life cycle groups (toddlers to the elderly) in the Pamengkang Village area, Karangwatu District in 2023.

The series of events in this community service activity are a) preparation for activities, b). Preamble, c). singing the song Indonesia Raya, d). Activity Report Head of Community Service, e). Remarks from the Chairman of AIPTKMI Regional DKI, West Java and Banten, f). Counseling on local food management for alternative US MP menus and health promotion of exclusive breastfeeding, g). Training & Refreshing Cadres, h). PHBS health promotion in children and fruit and vegetable eating movement, i). Evaluation of the implementation of community service interventions and closing.



- <https://doi.org/10.46799/syntax-idea.v3i3.1098>
- Indraswari, S. H. (2019). Pengaruh pendidikan gizi dengan poster dan kartu gizi terhadap peningkatan pengetahuan dan sikap anak tentang gizi seimbang di SDN Ploso I-172 Surabaya. *The Indonesian Journal of Public Health*, 14(2), 216–227. <https://doi.org/10.20473/ijph.v1i14i1.2019>
- Kartinawati, K. T., & Pradnyawati, L. G. (2022). Penyuluhan Gizi Seimbang pada Ibu Hamil untuk Pencegahan Stunting di Desa Ban, Karangasem, Bali. *WMMJ (Warmadewa Minesterium Medical Journal)*, 1(2), 39–44. [Google Scholar](#)
- Kartini, T. D., Manjilala, & Yuniawati, S. E. (2019). pengaruh penyuluhan terhadap pengetahuan dan praktik gizi seimbang pada anak sekolah dasar. *Media Gizi Pangan*, 26(2), 201–208. [Google Scholar](#)
- Selviyanti, S. S., Ichwanuddin, Judiono, Suparman, & Tiara, D. N. (2019). Penyuluhan Gizi Dengan Media Flashcard Terhadap Pengetahuan Pesan Umum Gizi Seimbang Pada Siswa Sekolah. *Jurnal Riset Kesehatan Poltekkes Depkes Bandung*, 11(2), 82–91. <https://doi.org/10.34011/juriskesbdg.v11i2.674>
- Sulistiawati, Y., Pratiwi, A. R., & Fitriana. (2019). Edukasi gizi seimbang pada anak usia sekolah di sd n 2 wonosari kecamatan gadingrejo kabupaten pringsewu tahun 2019. *Jurnal Pengabdian Kepada Masyarakat Ungu (ABDI KE UNGU)*, 1(1), 60–64. [Google Scholar](#)
- Tampubolon, N. R., & Kaban, A. R. (2021). Penyuluhan Gizi Seimbang pada Anak dengan Gaya Hidup Sedentari di Masa Pandemi di Kecamatan Medan Area. *Jurnal Pengabdian Masyarakat Aufa (JPMA)*, 3(2), 91–94. <https://doi.org/10.51933/jpma.v3i2.448>
- Trianasari, S., Herawati, & Gunawan, I. M. A. (2018). Media papan petak PGS dan Poster pada Penyuluhan Gizi terhadap Pengetahuan Gizi Seimbang Siswa Sekolah Dasar. *Jurnal Nutrisia*, 20(2), 61–66. <https://doi.org/10.29238/jnutri.v20i2.102>
- Utaminingsy, F. (2020). Efektivitas Penyuluhan Kesehatan Terhadap Seimbang Pada Balita di Kelurahan Tingkir Lor, Kota Salatiga. *Media Informasi Kesehatan*, 7(1), 171–184. [Google Scholar](#)
- Utaminingsy, F., & Lestari, R. M. (2020). Pengaruh Penyuluhan Gizi Seimbang Balita Dengan Media Leaflet Terhadap Pengetahuan Ibu. *Jurnal Ilmiah Kesehatan Ar-Rum Salatiga*, 5(1), 39–47. <https://doi.org/10.36409/jika.v5i1.102>

**Copyright Holder**

© Ardayani, T., Yogusutanti, G., Fuadah, F., Sitorus, N., & Hotmaida, L.

**First publication right :**

Jurnal Pengabdian Kepada Masyarakat

This article is licensed under:

